This guide was put together by the Health Education Division of the Health Department and funded by a grant from the Maryland Department of Health and Mental Hygiene, Center for Chronic Disease Prevention and Control.
Welcome to Dorchester County, known as the Heart of the Chesapeake Country. Rich in Chesapeake Bay history, folklore and tradition, experience a most beautiful and unique part of Maryland. Fishing villages, working boats, marshlands, farm fields…much still exists of the authentic Eastern Shore landscape and traditional way of life along the Chesapeake.

This “Dorchester in Motion” guide is filled with resources for increasing physical activity levels. The Dorchester County Health Department wants its residents and visitors alike to utilize our beautiful county to increase their level of physical activity. Data shows that 68% of Dorchester County MD residents do not get enough physical activity to provide health benefits. Your risk of heart disease, stroke, and diabetes can be prevented or decreased if you maintain a healthy weight. Healthy weight can aid in the control of these conditions if they develop. For further information on physical activity and nutrition check out http://www.choosemyplate.gov or http://www.cdc.gov/physicalactivity.gov
Physical activity is the movement of the body that uses energy or anything that gets your body moving.

**Why is physical activity important?**
Regular physical activity can produce long term health benefits. People of all ages, shapes, sizes, and abilities can benefit from being physically active. The more physical activity you do, the greater the health benefits.

**Being physically active can help you:**
- Increase your chances of living longer
- Feel better about yourself
- Decrease your chances of becoming depressed
- Sleep well at night
- Move around more easily
- Have stronger muscles and bones
- Stay at or get to a healthy weight
- Be with friends or meet new people
- Enjoy yourself and have fun

**When you are not physically active, you are more likely to:**
- Get heart disease
- Get type 2 diabetes
- Have high blood pressure
- Have high blood cholesterol
- Have a stroke

Physical activity and nutrition work together for better health. Being active increases the amount of calories burned. As people age their metabolism slows, so maintaining energy balance requires moving more and eating less.
Physical activity is important for everyone, but how much you need depends on your age.

**Adults**
Adults should do at least 2 hours and 30 minutes each week of aerobic physical activity at a moderate level OR 1 hour and 15 minutes each week of aerobic physical activity at a vigorous level. Being active 5 or more hours each week can provide even more health benefits. Spreading aerobic activity out over at least 3 days a week is best. Also, each activity should be done for at least 10 minutes at a time. Adults should also do strengthening activities, like push-ups, sit-ups and lifting weights, at least 2 days a week.

**Children And Adolescents**
Children and adolescents should do 60 minutes or more of physical activity each day. Most of the 60 minutes should be either moderate- or vigorous intensity aerobic physical activity, and should include vigorous-intensity physical activity at least 3 days a week. As part of their 60 or more minutes of daily physical activity, children and adolescents should include muscle-strengthening activities, like climbing, at least 3 days a week and bone-strengthening activities, like jumping, at least 3 days a week. Children and adolescents are often active in short bursts of time rather than for sustained periods of time, and these short bursts can add up to meet physical activity needs. Physical activities for children and adolescents should be developmentally appropriate, fun, and offer variety.

**Young Children**
Exercise needs to be fun and social without too much pressure. There is not a specific recommendation for the number of minutes young children should be active each day. Children ages 2-5 years should play actively several times each day. Exercise needs to be fun and social without too much pressure. Play can be structured and unstructured. Their activity may happen in short bursts of time and not be all at once. Physical activities for young children should be developmentally appropriate, fun, and offer variety.

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**Physical activity is generally safe for everyone.** The health benefits you gain from being active are far greater than the chances of getting hurt. Here are some things you can do to stay safe while you are active:

- If you haven’t been active in a while, start slowly and build up.
- Learn about the types and amounts of activity that are right for you.
- Choose activities that are appropriate for your fitness level.
- Build up the time you spend before switching to activities that take more effort.
- Use the right safety gear and sports equipment.
- Choose a safe place to do your activity.
- See a health care provider if you have a health problem.
Make physical activity a regular part of the day
Choose activities that you enjoy and can do regularly. Fitting activity into a daily routine can be easy - such as taking a brisk 10 minute walk to and from the parking lot, bus stop, or subway station. Or, join an exercise class. Keep it interesting by trying something different on alternate days. Every little bit adds up and doing something is better than doing nothing.

Make sure to do at least 10 minutes of activity at a time, shorter bursts of activity will not have the same health benefits. For example, walking the dog for 10 minutes before and after work or adding a 10 minute walk at lunchtime can add to your weekly goal. Mix it up. Swim, take a yoga class, garden or lift weights. To be ready anytime, keep some comfortable clothes and a pair of walking or running shoes in the car and at the office.

More ways to increase physical activity

At home:
• Join a walking group in the neighborhood or at the local shopping mall.
• Recruit a partner for support and encouragement.
• Push the baby in a stroller.
• Get the whole family involved - enjoy an afternoon bike ride with your kids.
• Walk up and down the soccer or softball field sidelines while watching the kids play.
• Walk the dog - don’t just watch the dog walk.
• Clean the house or wash the car.
• Walk, skate, or cycle more. and drive less.
• Do stretches, exercises, or pedal a stationary bike while watching TV.
• Mow the lawn with a push mower.
• Plant and care for a vegetable or flower garden.
• Play with the kids - tumble in the leaves, build a snowman, splash in a puddle, or dance to favorite music.
• Exercise to a workout video.

At work:
• Get off the bus or subway one stop early and walk or skate the rest of the way.
• Replace a coffee break with a brisk 10-minute walk. Ask a friend to go with you.
• Take part in an exercise program at work or a nearby gym.
• Join the office softball team or walking group.

At play:
• Walk, jog, skate, or cycle.
• Swim or do water aerobics.
• Take a class in martial arts, dance, or yoga.
• Golf (pull cart or carry clubs).
• Canoe, row, or kayak.
• Play racquetball, tennis, or squash.
• Ski cross-country or downhill.
• Play basketball, softball, or soccer.
• Hand cycle or play wheelchair sports.
• Take a nature walk.
• Most important - have fun while being active!
## Calories Used per Hour in Common Physical Activities

<table>
<thead>
<tr>
<th>Moderate Physical Activity</th>
<th>Approximate Calories/30 Minutes for a 154 lb Person</th>
<th>Approximate Calories/Hour for a 154 lb Person</th>
</tr>
</thead>
<tbody>
<tr>
<td>Hiking</td>
<td>185</td>
<td>370</td>
</tr>
<tr>
<td>Light gardening/yard work</td>
<td>165</td>
<td>330</td>
</tr>
<tr>
<td>Dancing</td>
<td>165</td>
<td>330</td>
</tr>
<tr>
<td>Golf (walking &amp; carrying clubs)</td>
<td>165</td>
<td>330</td>
</tr>
<tr>
<td>Bicycling (&lt;10 mph)</td>
<td>145</td>
<td>290</td>
</tr>
<tr>
<td>Walking (3.5 mph)</td>
<td>140</td>
<td>280</td>
</tr>
<tr>
<td>Weight lifting (light workout)</td>
<td>110</td>
<td>220</td>
</tr>
<tr>
<td>Stretching</td>
<td>90</td>
<td>180</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Vigorous Physical Activity</th>
<th>Approximate Calories/30 Minutes for a 154 lb Person</th>
<th>Approximate Calories/Hour for a 154 lb Person</th>
</tr>
</thead>
<tbody>
<tr>
<td>Running/ jogging (5 mph)</td>
<td>295</td>
<td>590</td>
</tr>
<tr>
<td>Bicycling (&gt;10 mph)</td>
<td>295</td>
<td>590</td>
</tr>
<tr>
<td>Swimming (slow freestyle laps)</td>
<td>255</td>
<td>510</td>
</tr>
<tr>
<td>Aerobics</td>
<td>240</td>
<td>480</td>
</tr>
<tr>
<td>Walking (4.5 mph)</td>
<td>230</td>
<td>460</td>
</tr>
<tr>
<td>Heavy yard work</td>
<td>220</td>
<td>440</td>
</tr>
<tr>
<td>Weight lifting (vigorous)</td>
<td>220</td>
<td>440</td>
</tr>
<tr>
<td>Basketball (vigorous)</td>
<td>220</td>
<td>440</td>
</tr>
</tbody>
</table>

### Cambridge Public Boating Access

<table>
<thead>
<tr>
<th>Water Access Site Name</th>
<th>Access Type</th>
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<tbody>
<tr>
<td>Dorchester County Historical Society</td>
<td>Soft Launch</td>
</tr>
<tr>
<td>Franklin Street</td>
<td>Boat Ramp</td>
</tr>
<tr>
<td>Great Marsh Park</td>
<td>Boat Ramp/Soft Launch</td>
</tr>
<tr>
<td>Sailwinds Visitor Center</td>
<td>Soft Launch</td>
</tr>
<tr>
<td>Trenton Street</td>
<td>Boat Ramp</td>
</tr>
<tr>
<td>Water Access Site Name</td>
<td>Access Type</td>
</tr>
<tr>
<td>------------------------</td>
<td>-------------------</td>
</tr>
<tr>
<td>Asquith Island/Cannon Road</td>
<td>Boat Ramp</td>
</tr>
<tr>
<td>Bestpitch Ferry Boat Ramp</td>
<td>Boat Ramp/Soft Launch</td>
</tr>
<tr>
<td>Chicone Creek</td>
<td>Soft Launch</td>
</tr>
<tr>
<td>Crocheron</td>
<td>Boat Ramp</td>
</tr>
<tr>
<td>Dorchester County Historical Society</td>
<td>Soft Launch</td>
</tr>
<tr>
<td>Elliott's Island - Ramp/McCredy's</td>
<td>Boat Ramp, Soft Launch</td>
</tr>
<tr>
<td>Franklin Street</td>
<td>Boat Ramp</td>
</tr>
<tr>
<td>Golden Hill</td>
<td>Boat Ramp</td>
</tr>
<tr>
<td>Great Marsh Park</td>
<td>Boat Ramp, Soft Launch</td>
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<tr>
<td>Hoopersville</td>
<td>Boat Ramp</td>
</tr>
<tr>
<td>Island Creek</td>
<td>Boat Ramp</td>
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<tr>
<td>Kirwins Wharf</td>
<td>Boat Ramp, Soft Launch</td>
</tr>
<tr>
<td>Langrells Creek</td>
<td>Boat Ramp</td>
</tr>
<tr>
<td>Liners Road</td>
<td>Soft Launch</td>
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<tr>
<td></td>
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</tr>
</tbody>
</table>
Baseball
Cambridge Little League Park
Baseball Field
Race Street
Cambridge, MD 21613
Youth Baseball

Dorchester County Recreation and Parks
446 Willis St.
Cambridge, MD
410.228.5578
Baseball/Softball, Cheerleading, Football, Lacrosse, Soccer, Swimming, Tennis, Youth Basketball League

Bike Rentals
Blackwater Paddle & Pedal
2524 Key Wallace Drive
Cambridge, MD 21613
410.901.9255
Bike, Canoe & Kayak Rentals

On the Rivet Cycle and Sport
2833 Ocean Gateway E.
Cambridge, MD 21613
410.221.9981
info@ontherivet.com
Monday-Tuesday 9-5 Wednesday-Friday 9-6 Saturday 10-4 Sunday Closed

Birding
Blackwater National Wildlife Refuge
2145 Key Wallace Drive
Cambridge, MD 21613
410.228.2677
410.221.7738 (fax)

Boating
Blackwater Paddle & Pedal
2524 Key Wallace Drive
Cambridge, MD 21613
410.901.9255
Bike, Canoe & Kayak Rentals
Rentals of jet skis, catamarans, paddle boats, powerboats, kayaks, fishing kayaks, stand-up paddleboards (SUP), and more at the Hyatt location.

Cambridge Yacht Club
1 Mill St,
Cambridge, MD 21613
410.228.2141
cyc@cambridgeyachtclub.net

Overboard paddle & fitness
5525 Cedar Grove Rd
East New Market, MD 21631
410.463.4350
Paddleboarding Classes

Bowling
Choptank Bowling Center
1200 Goodwill Ave
Cambridge, MD 21613
410.901.1212
Center Hours: Monday-Thursday 10:30AM-10:30PM, Friday-Saturday 10:30AM-11:30PM Sunday-Noon-9:00PM

Cycling
Blackwater National Wildlife Refuge
2145 Key Wallace Drive
Cambridge, MD 21613
410.228.2677

Dorchester County, Cycling Guide
Can be picked up at the Dorchester County Office of Tourism
2 Rose Hill Place
Cambridge, MD 21613
410.228.1000
Dance

Eastern Shore Dance Academy
3093 Beverly Lane, Suite E & F
Cambridge, MD 21613
410.221.0037
esdanceacademy@yahoo.com

Jazzercise
420 Race Street 2nd Floor
Cambridge MD 21613
410.419.0879
Dance and Exercise Class

Fitness Classes

Dorchester County YMCA
201 Talbot Ave.
Cambridge, MD 21613
410.221.8505

HOURS OF OPERATION:
Monday-Thursday - 5am to 9pm, Friday 5am to 8pm,
Saturday 7am to 5pm and Sunday 10am to 5pm
Gym closes 15 minutes before facility
POOL HOURS: Monday-Thursday - 5:30am to 8:30pm,
Friday 5:30am to 7:30pm, Saturday 7:30am to 4:30pm &
Sunday 12pm to 4:30pm

Powerhouse Gym
702 Cambridge Plaza
Cambridge, MD 21613
410.901.9991

Gym Hours
Mon – Thurs 5am - 10pm, Friday 5am - 9pm, Saturday 7am - 6pm, Sunday 8am - 3pm

Cambridge Fitness Center
515 Leonards Ln
Cambridge, MD 21613
410.228.6710

Jazzercise
420 Race Street 2nd Floor
Cambridge MD 21613
410.419.0879
Dance and Exercise Class

Strengthening, and Conditioning classes in the auditorium
Call for days and time
**Golf**
Clearview at Horn's Point
5650 Clearview Key
Cambridge, MD 21613
410.221.0521

Linkwood Family Golf Park
37125 Linkwood Dr.
Linkwood, MD 21835
410.221.8700

River Marsh Golf Course at the Hyatt
100 Heron Blvd
Cambridge, MD 21613
410.901.6397

**Horseback Riding**
Windy Way Horses
6836 East New Market-Ellwood Road
Hurlock, MD 21643
443.205.3429
Riding lessons, trail rides and more

**Football**
Pop Warner Football
Dorchester County Recreation and Parks (Youth Sport)
446 Willis St.
Cambridge, MD
410.228.5578

**Lacrosse**
Dorchester County Recreation and Parks (Youth Sport)
446 Willis St.
Cambridge, MD
410.228.5578
Parks

**CAMBRIDGE PARKS**

**Bill Burton Fishing Pier**
State Park
Frederick C. Malkus Bridge
Cambridge, Md 21613

**Christ Rock Park**
Rt. 16
Cambridge, MD 21613

**Cosby Ave Park**
Cosby Ave.
Cambridge, MD 21613

**Cornish Park**
Phillips Street,
Cambridge, MD 21613

**Egypt Rd. Park**
Egypt Rd.
Cambridge, MD 21613
A 96 acre parcel of land that allows for fishing. It also contains a nature trail

**J. Edward Water Park**
Linden Avenue,
Cambridge, MD 21613

**Glasgow Athletic Complex**
School Street,
Cambridge, MD 21613

**McCarter Park & Playground**
LeCompte Street,
Cambridge, MD 21613
2 acre site with a playground and multipurpose field

**Meadow Ave Park**
Meadow Ave,
Cambridge, MD 21613

**Sailwinds Park**
Rose Hill Place,
Cambridge, MD 21613

**Gay Street Park**
Gay Street,
Vienna, MD 21869

**Hurvlock Athletic Complex**
Poplar Street,
Hurlock, MD 21643

**Hurvlock Town Park**
Elm Street,
Hurlock, MD 21643

**North Main Park**
North Main Street,
Hurlock, MD 21643

**Prospect Heights Park**
Ruby lane,
Hurlock, MD 21643

**Secretary Park**
Linden Ave.
Secretary, MD 21664

**Veterans Park**
Main Street,
Secretary, MD 21664

**Vienna Community Park**
Water Street,
Vienna, MD 21869

**NORTH DORCHESTER PARKS**

**East New Market Park**
Creamery Road,
East New Market, MD 21631

**Friendship Park**
Railroad Road,
East New Market, MD 21631

**Galestown Community Center/Playground**
Schoolhouse Road,
Galestown, MD 21659

**SOUTH DORCHESTER PARKS**

**Church Creek Park**
Rt. 16,
Church Creek, MD 21622
The Eastern Shore Sailing Association (ESSA)
PO Box 374
Salisbury, MD 21803
essasailing1@gmail.com

STATE PARKS

Bill Burton Fishing Pier State Park
Frederick C. Malkus Bridge
Cambridge, Md 21613

Harriet Tubman Underground Railroad State Park
2145 Key Wallace Drive
Cambridge, MD 21613
410.228.2677
410.221.7738 (fax)

SWIMMING

Dorchester County Pool
107 Virginia Avenue,
Cambridge, MD 21613
410.221.8535

Dorchester County YMCA
201 Talbot Ave.
Cambridge, MD 21613
410.221.8511

HOURS OF OPERATION:
Monday-Thursday - 5am to 9pm, Friday 5am to 8pm,
Saturday 7am to 5pm and Sunday 10am to 5pm. Gym
closed 15 minutes before facility closing.

POOL HOURS: Monday-
Thursday - 5:30am to 8:30pm, Friday 5:30am to 7:30pm,
Saturday 7:30am to 4:30pm &
Sunday 12pm to 4:30pm

Bay Country Racquet Club
515 Leonards Lane
Cambridge, MD 21613
410.228.9311

Sports Complex, Tennis Club

TEEN COURT

Bay Country Racquet Club
515 Leonards Lane
Cambridge, MD 21613
410.228.9311

Sports Complex, Tennis Club

Busick Tennis Complex
Glasgow Street,
Cambridge, MD 21613

WILDLIFE

Blackwater National Wildlife Refuge
2145 Key Wallace Drive
Cambridge, MD 21613
410.228.2677
410.221.7738 (fax)

Blue Heron Rookery
at the Hyatt
100 Heron Blvd
Cambridge, MD 21613
410.901.1234

The Hyatt's own wildlife refuge
free admission to guest

The Fishing Bay WMA
Water Trail
DNR Eastern Shore Office
4220 Steele Neck Rd
Vienna, MD 21869
410.376.3236

Designed for kayak and canoe
users with an interest in birding
and wildlife photography.

Vienna Nature Walk
Water Street,
Vienna, MD 21869